

5 APPS TO ACHIEVE YOUR *Goals!*

THE BEST APPS FOR GOAL SETTING... AND STICKING TO THEM!

At DREAM we love tools that can help make life easier! We've pulled together a few apps that have changed our lives for the better. So, what are you waiting for? **DOWNLOAD** now!



STRIDES (\$3.99, for iPhone, iPad, and iPod touch) makes it easy to create and stick to your goals. This well-designed app features a dashboard that provides an overview of your progress toward all your goals. Click on a specific goal for graphs to see how far you've come and to get the motivation you need to keep going.



WAY OF LIFE (ios, android) If you absolutely love to look at charts and graphs of your progress, then you'll love Way of Life. Just pick a goal action, tell the app whether the action is good or bad for you (like eating healthy = good whereas smoking = bad) and then you'll get a daily reminder to input what you did or didn't do in terms of your goals. Over time, you'll have enough data to show you chains, bar charts with trend lines, pie charts and all sorts of other nifty details.



CALM (\$69.99 annually, 7 day free trial, for ios, android) Calm is the #1 app for Sleep, Meditation and Relaxation. Join the millions experiencing better sleep, lower stress, and less anxiety with our guided meditations, Sleep Stories, breathing programs, stretching exercises, and relaxing music. Calm is recommended by top psychologists, therapists, and mental health experts.



BALANCED (free, for iPhone and iPad) is an app that will not only help you complete your goals, it will help you prioritize your life so that you can achieve balance. If you've ever thought, "i don't have the time to do the things i love any more," then this may be the app for you. List the activities you want to do more of, set a target for the amount of times per day/week/month/year you'd like to do them, and the app will help you prioritize your life.



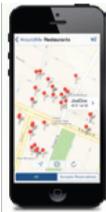
DUOLINGO (free, for ios and android) The free language learning app Duolingo offers 11 completed language courses for English speakers, 2 beta languages, and 8 languages still "hatching" in their incubator form. For example, as an English speaker, you can learn Spanish, with over 40 million other learners, Italian, with 10 million learners, or even Irish, with just over 1 million learners.



3 FREE APPS

TO *Improve* YOUR HOME SEARCH

According to recent study by Google, more buyers are using their mobile device during the home search than ever before. In fact, millennials are twice as likely to look for real estate information on their mobile devices than other generations. Here are several apps you can download on your smartphone or tablet to help you during your home search.



AROUNDME

(iOS, Android and Windows Phone) AroundMe provides a complete list of businesses (including banks, hospitals and restaurants) located near a home's location. You can use this app when touring a home to see what is nearby.



PHOTO MEASURES LITE

(iOS and Android) Photo Measures Lite will help you make sure your furniture fits in the home. You can unput the measurements for each room you photograph, add design notes and export the dimensions to your photo library or email.



HOZZZ

(iOS and Android) Houzz is full of home design ideas to help you put your own personal stamp on your home. Browse Ideabooks and articles to refer to later, and save images to create an inspiration board. The app also allows you to get in touch with design experts.

STUCK AT *Omnm*?

CHECK OUT THESE MEDITATION APPS

Meditation is not what you think. It's a set of techniques that are used to develop mindfulness, increase awareness and promote calmness. According to a study at the University of Wisconsin, "a meditation habit can strengthen the body's immune function, plus increase brain performance in the form of electrical activity." Whether you're new to the practice or looking to refresh your rituals, take a look at a few popular websites and apps.

HEADSPACE

Known for its refreshing illustrations, guided courses and quick meditations, Headspace was developed by sports scientist-turned-Buddhist monk Andy Puddicombe. Branded as "your gym membership for the mind" their team believes that your mind is a muscle that deserves the same attention that you give to your abs. They offer several options to try it out including a free Basics course that includes 10 sessions teaching you the foundations of meditation, access to a selection of free sessions or you can tap into their partnership with Nike Run Club in case your run or walk is the time you choose to t in your meditation.

Cost: \$13 monthly with a seven-day free trial, or \$70 annually with two-week free trial

CALM

With a wide range of guided meditations and a simple goal to help people "relax and calm down," this popular app has been downloaded more than 50 million times. When you open the app, you may choose to participate in the Daily Calm (a daily 10-minute program) or choose from a selection of 3- to 25-minute sessions to soothe anxiety, stress or break a bad habit. Calm offers walking meditations, masterclasses and even bedtime stories to put you to sleep. In fact, one is courtesy of Matthew McConaughey if you love a Southern drawl to tuck you in at night.

Cost: \$14.99 per month, \$69.99 per year, \$399.99 lifetime subscription

BUDDHIFY

Focused on mobile and on-the-go meditation sessions to introduce meditation into your daily life, this family-run app is for "people that don't have time." The sessions are organized by what you're doing such as: traveling, stress and difficult emotions, insomnia and more. Plus, they also have a section of formal meditations for when you do have time. They don't a free trial. There are several ways to see the app being used on their Youtube channel or with Amazon Alexa.

Cost: \$30 annually

INSIGHT TIMER

The unicorn of all meditation programs, this high-quality app is completely free. With more than 30,000 guided session to support whatever is preventing you from being present it also offers sections for relaxing music, kids and talks by gurus and psychotherapists. Sessions are ranked and reviewed by other users so it may take you a bit of time to find a voice and style that appeals to you. If you want to simplify your options, they do offer a paid membership with curated Courses and Playlists

Cost: Free. Or \$60 for upgraded access.

These are certainly uncertain times. However, these free and low-cost tools to reduce stress and increase immunity give you the power you need to change your mind. Stay safe and healthy.